

## Monday

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Farfalle with Sausage, Cannellini Beans, and Kale  
Tomato Bruschetta  
Milk, fluid, nonfat, calcium fortified (fat free or skim)

Servings: 6

Serving size: 1/6 of a menu.

Amount Per Serving	
<b>Calories</b>	1012.99
Calories From Fat (19%)	194.42
% Daily Value	
<b>Total Fat</b> 21.93g	<b>34%</b>
Saturated Fat 5.24g	<b>26%</b>
<b>Cholesterol</b> 42.97mg	<b>14%</b>
<b>Sodium</b> 1194.65mg	<b>50%</b>
<b>Potassium</b> 2523.49mg	<b>72%</b>
<b>Total Carbohydrates</b> 154.74g	<b>52%</b>
Fiber 17.44g	<b>70%</b>
Sugar 17.69g	
<b>Protein</b> 51.76g	<b>104%</b>

## Farfalle with Sausage, Cannellini Beans, and Kale

12 oz	uncooked farfalle (bow tie pasta)	1	(14-ounce) can fat-free, less-sodium chicken broth
¼ cup	oil-packed sun-dried tomatoes	1	(16-ounce) package fresh kale
1 ½ cups	chopped onion	1	(15-ounce) can cannellini beans, rinsed and drained
9 oz	hot turkey Italian sausage	1 oz	shaved fresh Parmesan cheese (about ¼ cup)
6	garlic cloves, minced		
1 tsp	dried Italian seasoning		
¼ tsp	crushed red pepper		

- 1 Cook pasta according to package directions, omitting salt and fat. Drain, reserving 1 cup cooking liquid; keep warm.
- 2 Drain tomatoes in a small sieve over a bowl, reserving 2 teaspoons oil; slice tomatoes. Heat a large Dutch oven over medium heat. Add sliced tomatoes, reserved 2 teaspoons tomato oil, onion, and sausage to pan; cook 10 minutes or until sausage is browned, stirring to crumble. Add garlic to pan; cook 1 minute. Add seasoning, pepper, and broth to pan. Stir in kale; cover and simmer 5 minutes or until kale is tender. Stir in pasta, reserved 1 cup cooking liquid, and beans.

Servings: 6

### Nutrition Facts

Serving size: ⅙ of a recipe (11.2 ounces).  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	619.69
Calories From Fat (17%)	107.27
% Daily Value	
<b>Total Fat</b> 12.15g	<b>19%</b>
Saturated Fat 3.49g	<b>17%</b>
<b>Cholesterol</b> 38.03mg	<b>13%</b>
<b>Sodium</b> 539.28mg	<b>22%</b>
<b>Potassium</b> 1727.61mg	<b>49%</b>
<b>Total Carbohydrates</b> 95.08g	<b>32%</b>
Fiber 13.17g	<b>53%</b>
Sugar 1.9g	
<b>Protein</b> 35.13g	<b>70%</b>

### Source

Source: Cooking Light

## Tomato Bruschetta

*From the Italian "bruscare", meaning "to roast over coals," this garlic bread was traditionally made by rubbing fresh garlic over peasant bread and drizzling it with fruity extra-virgin olive oil. The bread was then baked in a brick wood-fired oven until crisp and golden brown. Here's an updated version you can make at home.*

1 ½ lbs	plum tomatoes, chopped	¼ tsp	freshly ground black pepper
3 cloves	fresh garlic, minced	3 Tbs	extra-virgin olive oil
1 ½	small red onion, minced	2 Tbs	balsamic vinegar
3 Tbs	minced parsley (or 1 Tbsp dried parsley)	1 ½ Tbs	red wine vinegar
5 Tbs	chopped fresh basil (or 2 Tbsp dried basil)	1	baguette, sliced ¼ inch thick
¼ tsp	sea salt		

- 1 Preheat oven to 400°F.
- 2 Combine tomatoes, garlic, onion, parsley, basil, salt, pepper, olive oil, and vinegars in a large mixing bowl to make bruschetta. Place baguette slices on a baking pan in a single layer. Bake slices until just golden, remove them from the oven, flip them, and return to the oven until golden. Serve warm baguette slices topped with bruschetta.

Servings: 6

### Nutrition Facts

Serving size: ⅙ of a recipe (8.5 ounces).  
Percent daily values based on the Reference Daily  
Intake (RDI) for a 2000 calorie diet.  
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	306.85
Calories From Fat (27%)	83.1
% Daily Value	
<b>Total Fat</b> 9.34g	<b>14%</b>
Saturated Fat 1.46g	<b>7%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 526.93mg	<b>22%</b>
<b>Potassium</b> 385.86mg	<b>11%</b>
<b>Total Carbohydrates</b> 47.68g	<b>16%</b>
Fiber 4.27g	<b>17%</b>
Sugar 3.81g	
<b>Protein</b> 8.23g	<b>16%</b>

### Source

Source: Whole Foods Market